



Oby's Wisdom!
A Caveman's Simple Guide to Holistic Health and Wellness
Action Guide

Chapter Four
The Matrix

*"The perfect human being is all human beings put together.
It is a collective.
It is all of us together that make perfection."
Socrates*

1. Read the Max Planck quote on page 57. The quote serves as the backdrop for this chapter.
2. Review the concepts of "Placebo Effect" on page 58, "Holographic Consciousness" on page 60, and "Quantum Physics" on page 62. Now, jot down some thoughts about how these sections have expanded your thinking about healing, health and well-being. Make the thoughts specific to your life and that of someone close to you.

3. Before you read any further, write down a brief description of the reality of your life today.

4. Turn to page 63 and read the section entitled, "Our Real Reality." Now, write down a brief description of the reality of your life today.

5. Read the section entitled, "Visualize Your Reality" on page 64. Take a few moments to close your eyes, relax and visualize a new reality for your health and well-being.

Expand the image beyond your preconceived limitations!

What are you doing in the image? Where are you? Who are you with? What do you feel, see, hear, taste and smell? How do you feel, physically, mentally, emotionally and spiritually? How has your life improved in the image? Write a detailed description. Use the back of the sheet if necessary.
